



MINOOKA TRACK & FIELD

Premeet

A Day: 100m segments
Stride straight away
jog curve
stride straight away
walk curve

General Warm-up (20m or 5 secs)

- A March (w/ arms)
- Butt Kicks (AMRAP)
- High Knees (AMRAP)
- Pop up Lunge
- Straight Leg Bound
- World's Greatest Stretch



When to warm-up for 1st event:

100m: 1st call of girls 800
 4x200: 1st call of boys 4x4
 4x100: 1st call of boys 100
 400m: 1st call of boys 4x2
 200m: 1st call of boys 4x1
 4x400m: 1st call of boys 400
 *If you ran a prior race just stay warm and do some mobility prior to your 2nd race.

PreRace Warm-up

10-15 each leg
Straight leg kickback



10-20m High knee run



10 Squat jumps



10 - 15 Pogo jumps



10 - 20m Skips for Height



2 - 3 Accelerations

Post Race Mobility

To be done after all your events are complete
Pigeon Pose



Twisted Hip Opener



Breakdancer



Full Range Figure 4



Calf Stretch



Shin Smash w/ lacrosse ball



Barefoot Smash with lacrosse ball